**Reflective Writing**

Assignment:

Reflective writing is usually two to three pages in length; I expect at least **750** words.

1. This reflection should include the three stages of “The Reflection Cycle”: **(1) Describe, (2) Analyze, and (3) Plan.**
2. The semester reflection should address how this experience can/has improve your current/future practice as a student. It should also address what you have learned as a result of completing the semester.
3. The reflection should include what you have learned regarding your role as a student.

**INCLUDE THESE 3 VITAL COMPONENTS OF PERSONAL REFLECTION**

The essence of education is the ability to look back on learning experiences and evaluate what worked and why, and what didn’t work and why. Self-reflection –thinking about learning—helps you to discover what you have learned, how you learned it, and what you should do next to extend and refine your learning.

“Reflection is the process of assessing information or events, thinking about and analyzing them, and then using the results to change or enhance future events. In education, teachers reflect consistently on their own practice and on the achievement of their students. Teaching reflections consists of three vital components: (1) **description**, (2) **analysis**, and (3) **planning**” (Bullock & Hawk, 2001, p.29).

***The Reflection Cycle*** (Bullock & Hawk, 2001)

|  |  |  |
| --- | --- | --- |
| **DESCRIPTION** OF THE LEARNING EVENT   * Summarize the learning experience. * Emphasize who, what, when, where, and how | **ANALYSIS** OF WHERE YOU’VE BEEN   * Analyze the evidence. Break the whole apart and analyze it for patterns. * Identify the strengths of the evidence. * Identify the areas on which to improve * What worked and why? * What didn’t work and why? * What did you learn? * How did you learn it? | **PLANNING** WHERE YOU GO NEXT (the most important stage)   * How has the evidence influenced you? * What are the implications for your future as a student based on this evidence? * What do you do next to extend your learning? * What do you do next to refine your learning? * What are your needs as a learner? |

(The above diagram is adapted from *Different Ways of Knowing*, 1994, The Galef Institute)

1) High Quality Reflection of Your Semester:

* What about the activities helped you better understand and recall the material?
* How did you use different levels of questions to help you reach a deeper understanding?
* What did you learn from the course (both content wise and learning-wise)?
* What aspects of your work were high quality and why?
* What would you do differently in the future and why?

1. Assessment of Skill Set: High quality reflection also examines your skills as a student and as a scientist. Skills you might discuss are your organization, analysis, logic, creativity, thoroughness, accuracy of information, ability to put new information together, understanding new concepts, etc. What specific study skills have you employed to be successful in this class? What organizational strategies helped you learn the most? Elaborate.
2. Looking to the Future: What are your goals for improvement in this class? List specific areas in which you feel you need to improve or need help improving. What specific changes would you like to see in this class? Explain.